

## ABSTRACT

A process for sprouting flaxseed is provided in which wet flaxseeds are agitated vigorously and allowed to sprout under a controlled moisture environment using a plurality of discreet water additions. The sprouts formed exhibit enriched Omega-3 fatty acid content compared to whole flaxseed, and may be eaten fresh or dried. A dried sprout product may be formed from other seed types by sprouting to a length of less than about three times the length of the whole seed, and subsequently drying and grinding the sprout. Flaxseeds may be co-sprouted with other seeds such as fenugreek, soy, red clover, alfalfa, radish, garlic, mustard, onion, broccoli, alfalfa, canola, other brassica family plants, and combinations of these.